

Work in progress

Posted by Vehkam - 02 Jan 2022 18:43

Trying to post here on a somewhat regular basis so that I stay on course. I have to rewire my thinking patterns of over thirty years! I set the counter to the last date that I fell in masturbation. I have been able to stay away from other things for longer. I thank hashem for his kindness in helping me to this point.

this shabbos I was in Florida. Obviously there are a lot more nisyonos. I definitely was more successful than other times in not following my eyes and gazing with the help of GYE. (Not to say that I was successful in every instance- at some point my feet just took me in the wrong direction even though my mind was saying- STOP!)

One thing that helped me alot was a shiur I heard recently that describes the power of a tefila that one has immediately after he withstands a nisayon. When I feel a possible weakness to a temptation, I quickly resolve to turn away and then I immediately daven for something that is very important to me. Each small victory is another tefila. I don't want these nisyonos, but if they are coming anyway at least I have the opportunity to use them for something very meaningful.

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Re: Nissan!

Posted by Vehkam - 10 Apr 2024 03:05

[Vehkam wrote on 01 Apr 2022 17:32:](#)

as i said tachnun this morning i realized that this was the last tachnun for 30 days! as we enter nissan we have a unique focus and tachanun is out of the picture for this month. I was reminded of a vort that i heard, that on pesach the aseil tov comes first - before the sur mei'ra. that is signified by Kadesh first and then u'rchatz. In nissan we are so focused on our connection to hashem and the positive aspects of that, so the normal focus on vidui involved in saying tachanun is just not on the radar. i hope this makes sense to anyone reading this. my point is that Nissan presents an unbelievable opportunity to reconnect to hashem. Don't get bogged down by what you did or what you are doing that you may not be proud of. In nissan hashem reminds us that we will always be B'ni B'chori Yisroel. Just take one (even small) step forward - connect to hashem - and he will take us out of our personal mitzrayim.

Have a great shabbos!

Reposting this....

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Re: Nissan!

Posted by cande - 10 Apr 2024 23:29

[Vehkam wrote on 10 Apr 2024 03:05:](#)

[Vehkam wrote on 01 Apr 2022 17:32:](#)

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Have a great shabbos!

Reposting this....

AWSOME!!

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Re: Work in progress

Posted by inprogress... - 11 Apr 2024 16:40

I love this approach- I think it's great to have community on your side... im with you brother.
Trying to do same thing now.

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Re: Work in progress
Posted by Heeling - 11 Apr 2024 17:27

[inprogress... wrote on 11 Apr 2024 16:40:](#)

I love this approach- I think it's great to have community on your side... im with you brother.
Trying to do same thing now.

Totally, my friend. Welcome to our community. Looking forward to getting to know more.

Look around on forums, theres a lot to read. Ask. Connect. Learn. Grow.

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Re: Work in progress
Posted by inprogress... - 11 Apr 2024 17:33

Thanks, good to be here. A little about myself: I am 23 single and currently dating. I am finishing college this year and work and learn in the mornings. On average slip a couple times a month but have had great streaks. Looking to be involved here which I think is crucial to stay strong

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Re: Work in progress
Posted by davidt - 11 Apr 2024 18:15

[inprogress... wrote on 11 Apr 2024 17:33:](#)

Thanks, good to be here. A little about myself: I am 23 single and currently dating. I am finishing

college this year and work and learn in the mornings. On average slip a couple times a month but have had great streaks. Looking to be involved here which I think is crucial to stay strong

Welcome to GYE! (I see you've been around for some time but just started posting)

How about starting your own thread for your journey?

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Re: Work in progress

Posted by inprogress... - 11 Apr 2024 18:20

Great idea, I just started it.. Chizuk were all in it together is topic

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Re: Work in progress

Posted by Hashem Help Me - 15 Apr 2024 11:16

Update buddy?

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Re: Work in progress

Posted by cande - 07 May 2024 18:29

VEHKAM!

we need you live on the forum,

please inspire us

your dear ?????, ?????

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Re: Work in progress

Posted by vehkam - 07 May 2024 20:46

[cande wrote on 07 May 2024 18:29:](#)

VEHKAM!

we need you live on the forum,

please inspire us

your dear ?????, ?????

thank you for the encouragement. the truth is that i try to check in every day. It has been bli ayin hara quite a busy year and i haven't had the downtime to focus on writing. I do hope that i can get back to that one day soon.

I still read the Battle of the Generation regularly, albeit at a slower pace than before. i don't know how many times i have read it... i lost count. I still wear headphones whenever i am walking in the city. bh i feel like i am acquiring zchusim every day....

If i can be of help to anyone reading this please don't hesitate to reach out to me. I try to respond, but if i don't respond you can reach out again.

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Re: Work in progress

Posted by vehkam - 29 May 2024 19:31

I alluded to the following letter in my posts two years ago. I did not post it on GYE at the time because at the time it was too personal. I am posting it now in case it is beneficial to someone else out there. I worked hard on this letter together with my therapist to make sure that it did not leave any room for doubt that the relationship was over. She did respond to my letter to ask if this is goodbye for good and I responded to her kindly but firmly that it was over forever.

This is going to be a difficult text for me to write.

The past six months have been transformative for me. When I started this process I was no longer sure who I really was and who I wanted to be. I had compartmentalized my two worlds for so long and had no vision of what I wanted to do with the rest of my life.

I decided to take a break from all the counterproductive activities and the fantasies that I had thrown myself into. I did not really believe I would be successful. Some people believed in me. You were one of them. Your support was so important for me. Since I have known you, you have always been kind and looking out for me. Especially over these last few years you have helped me recognize more of my strengths than I knew I had.

For the past few decades, The hypocrisy of the life I was living (for whatever reason) caused me to put up inner walls and suppress any true connection to the passion that I really have for the religious tenets and values that were passed down to me by my parents and their parents and grandparents before them. Over the past six months I have been able to reconnect to the ideals of my youth. I genuinely had thought that side of me was gone forever.

It is hard to describe the freedom and inner peace that I now have. I no longer have secrets. I no longer have to guard my phone lest one of my kids notice an errant text or picture that I forgot to delete. I don't have to lie about where I am going or who I am meeting. I can be truthful to myself and to the people around me. I am happier and emotionally healthier than I've ever been.

Over the past six months I have slowly deleted every contact and password to anyone and anything that has to do with the secret life that I lived for 35 years. Occasionally I will get a random text from someone and I respond to let them know I am no longer in that world and I wish them well. Those texts are now few and far in between.

I hope you understand that I say all this with absolutely no judgment of anyone but myself. I believe that good people can be found in all places within all type of lifestyles.

Here is the hard part and I imagine this may be painful for you as well. The lifestyle that I am dedicated to cannot be reconciled with an emotional attachment to a woman other than my wife (hopefully I will have one, one day!). Yours is The only contact I have left from my secret world . I did not delete you. You were not a fantasy. You were a true friend. I spent time with my therapist discussing and preparing. I will miss you but now is the right time for me to say goodbye. I will never forget what you have done for me. I wish you the most success and

happiness possible. I pray that you will see this letter to be genuine from my heart and that you will wish me the same.

This is as bittersweet as it gets

My name

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Re: Work in progress

Posted by chaimoigen - 29 May 2024 22:03

Crying.

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Re: Work in progress

Posted by ??? ?????? ????? ??? - 30 May 2024 01:00

[vehkam wrote on 29 May 2024 19:31:](#)

I alluded to the following letter in my posts two years ago...

Thank you for sharing that, vehkam. Your story continues to inspire me. That was a beautiful letter. I know you aren't looking for feedback about it especially because this is from two years ago, but it really touched me how you showed your friend such sensitivity and held up who she is as a person and what she meant to you and at the same time created that boundary for your healing or your "freedom" and "inner peace."

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Re: Work in progress

Posted by vehkam - 09 Jun 2024 03:52

repost. Shabbos was yom hameyuchas...

Yom HaMeyuchas

I don't remember hearing that term before. Over the years it is likely that I did hear that the 2nd day of sivan is called yom hameyuchas but it just didn't mean anything to me. So I don't remember.

Today, I received a few messages referencing yom hameyuchas and I did not know what it was about. Then, during lunch, I came across a post that explains – today is the day that Moshe Rabeinu relayed the message to klal Yisroel from hashem.

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My heart filled with emotions of gratitude and joy that I am able to finally feel that I too am a part of this ????? ?????? To feel that hashem is lifting me up. That is taking me out of my personal mitzrayim... To feel that ahava that he has for us, his chosen nation... to be part of a group of mevakshim that will keep getting up no matter what and no matter how many times we fall! A group that is anonymous but is comprised of Chassidim & Ex Hasidim, Litvaks, Sefardim, Ashkenazim, BTs, FFB, young bochurim and seasoned adults.... All working K'ish echad b'lev

echad to better ourselves and each other in Kedusha. And I say ashreinu ma tov chelkeinu....

We are truly hashem's treasure.

When I said birchas hamazon after lunch, I noticed the third HaRachaman – and this is my bracha to all of us, that hashem should always be glorified and honored through us -

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